



WHAT TO BUY FOR A
VIDEO GAME GUY
TECHNOLOGY {page 16}

WHAT THE SONG IN
YOUR HEAD MEANS
WELLBEING {page 20}



METRO MAGIC

HOLIDAY TOY DRIVE TAKE PART TODAY

{page 05}



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Wednesday, December 7, 2011
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EMILY ARNE EPSTEIN/METRO

Chinatown fades as China rises

► Chinese population in city's iconic enclave shrinks by 17 percent since 2000
► Businesses, residents return to China for economic boom {page 02}

News

What's Romney hiding?

► Presidential candidate spent \$100K in state money to clear digital evidence trail ► Docs from his tenure erased {page 08}

Smell like a 'Jersey' girl

JWoww,
what is that
bewitching
scent? It 'Shore'
smells, um,
strong {page 14}



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In the news

New tax plan: OWS approved?

Under a new tax plan Gov. Andrew Cuomo and legislators agreed on yesterday, anyone making under \$300,000 will get a tax cut, but New York state residents who earn more than \$2 million will pay more taxes. Cuomo says it will mean \$1.9 billion in new revenue.

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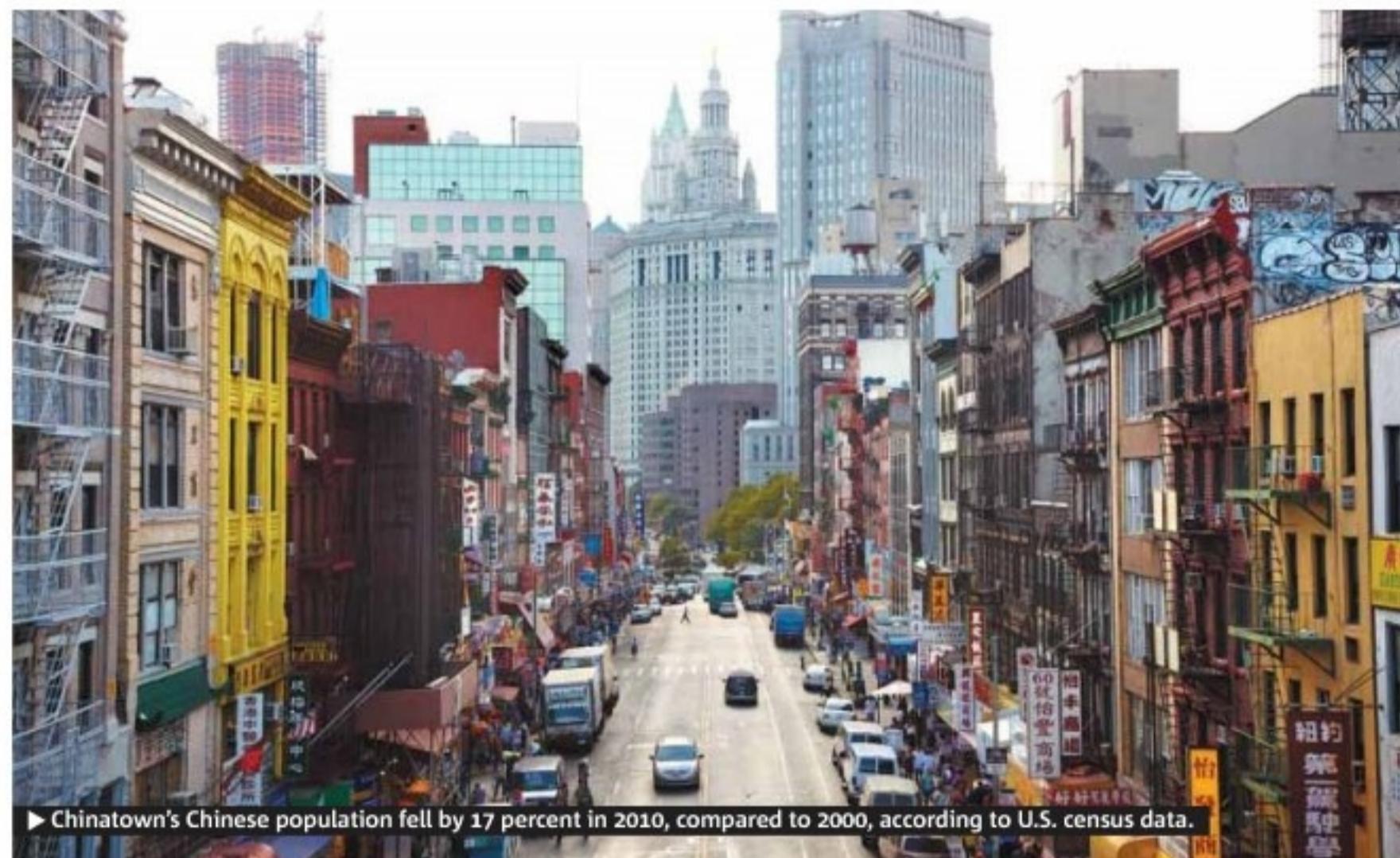
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Big trouble brewing for our little China?

► Census data show a shrinking community since 2000 ► Some say it's because their neighbors are moving back home to a welcoming economy



► Chinatown's Chinese population fell by 17 percent in 2010, compared to 2000, according to U.S. census data.

China's downtown enclave in Lower Manhattan is shrinking and some Chinatown residents say it's because their homeland's booming economy is beckoning.

"I have many friends whose children are learning Mandarin and traveling to China for opportunities after graduation," said Jeannie Chin, 60, a longtime Chinatown resident.

Chin said her two daughters, who are 25 and 27, both considered moving back to pursue better jobs.

Chinatown's Chinese population shrank by 17 percent between 2000 and

2010, according to an analysis of U.S. census data by the Asian American Federation, a national Asian American nonprofit.

Chumbo rising?

Others argue that Chinese residents aren't leaving of their own accord, but instead can no longer afford to stay in their own neighborhood.

"The reason why the Chinese population shrank in Chinatown is basically because of gentrification," said Esther Wang, 29, proj-

Chinatown's total population has decreased by nine percent in that same time period, according to census data.

Chinatown business owners are also packing up and moving abroad for the rapidly growing economy back home.



► Some Chinese are simply being priced out.

ect director of the Committee Against Anti-Asian Violence, an Asian advocacy group in New York City. "People are getting priced out."

► Flourishing cocktail bars, restaurants and condos have earned the area around the Manhattan Bridge the nickname "Chumbo," Wang said, a play off of pricey DUMBO just across the East River.

Growth in Queens

NEW YORK. Some in the community attribute Chinatown's contraction to residents simply moving to other Chinese neighborhoods elsewhere in the city.

New immigrants are choosing growing — and cheaper — Chinese enclaves in Brooklyn and Queens, such as Flushing, said Councilwoman Margaret Chin, who represents Chinatown.

"Chinese-Americans are moving into new neighborhoods," Chin told Metro.

Others said the falling numbers are due to Chinatown residents' reluctance to fill out U.S. census forms. METRO/EAE

Antique dealer Jan Lee, 46, told Metro he has watched at least half a dozen of his colleagues abandon Chinatown for China.

"They can get higher prices out there than they can in New York City," Lee said. "They took their families, employees and tax dollars with them."

Lee said that there are many incentives for businesses to leave.

"There's less regulation and the labor force is cheaper," he said.

 **EMILY ANNE EPSTEIN**
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**Times Square groper sought**

NEW YORK. Police are looking for a man they say groped a woman as she stood in crowded Times Square just before 11 p.m. on Dec. 2.

In another, separate sex assault incident, police are

also looking for three men who they say raped a woman in Long Island City on Dec. 4. At 3:45 a.m., the 20-year-old woman said she was walking on Vernon Boulevard at 10th Street

when she was grabbed from behind by two of the suspects.

The men pulled her into a parking lot, while two of them held her down and a third raped her. METRO/CB

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PAT COLLINS, FOX 5

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Crooks love targeting electronics

NEW YORK. Half of all robberies in New York City in the past year involved high-tech gadgets, according to a report by the New York Daily News.

Police told the paper that pricey gadgets like

70%
iPhones accounted for 70 percent of thefts on subways and buses alone, police say.

iPhones and iPads are more popular targets for thieves than cash. Computers, tablets and MP3 players make up 35 percent of all grand larcenies citywide. • METRO/EAE

Fake 911 caller arrested



FDNY PRESS OFFICE

MANHATTAN. A man accused of directing more than 150 fake 911 calls to his neighbor's address has been arrested. For nearly two years, Jesus Leon Jr., 30, would allegedly call in false fires and reports of gunshots at his neighbor's home to the emergency hotline, said FDNY officials, sometimes as often as twice a day.

• METRO/EAE

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Racist cop rants on Facebook?

► 'Let them kill each other' just one of the comments posted on Facebook about West Indian parade

Some NYPD officers are taking heat for a Facebook feed that allegedly shows them criticizing revelers at the West Indian Day Parade in September — in one instance calling them "animals."

NYPD behaving badly

NEW YORK. This summer, hundreds of NYPD officers were swept up in a ticket-fixing probe, where prosecutors alleged that they got rid of tickets for friends and family.

The FBI arrested NYPD officer Michael Daragjati in October after he reportedly bragged that he "fried another n—" after arresting an African-American man in Staten Island. • METRO/AB

"Let them kill each other," one person, whose name matched that of an NYPD officer, wrote on a Facebook group called "No More West Indian Day Detail," The New York Times reported yesterday.

Another commenter, who identified himself as Nick Virgilio, a name that also matched a police officer on the force, wrote "filth."

The comments were sprinkled among complaints about police having to work overtime for the parade, where this year a Councilman was arrested and several people were shot.

The Times found that of 150 commenters, 60 percent matched names of city police officers.

At least one officer said his Facebook account might have been hijacked, and others declined to comment to reporters.



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FRIDGES OF THE HIGH LINE



► The billboard is now up on 10th Avenue at 18th Street.

Six figures for High Line

The High Line debuted a new piece of artwork this week: A 25-by-75-foot billboard of a \$100,000 bill, created by artist John Baldessari. • METRO/EAE

Items found on LI may be Gilbert's

As the yearlong search for the Long Island serial killer continues, police think they might have found items belonging to missing woman Shannan Gilbert.

Suffolk County police officers combed the area near Oak Beach yesterday, where they found unidentified items that could be connected to Gilbert, according to Newsday.

A spokeswoman for the police confirmed to Metro that 16 officers searched the barrier beach and will resume searching today.

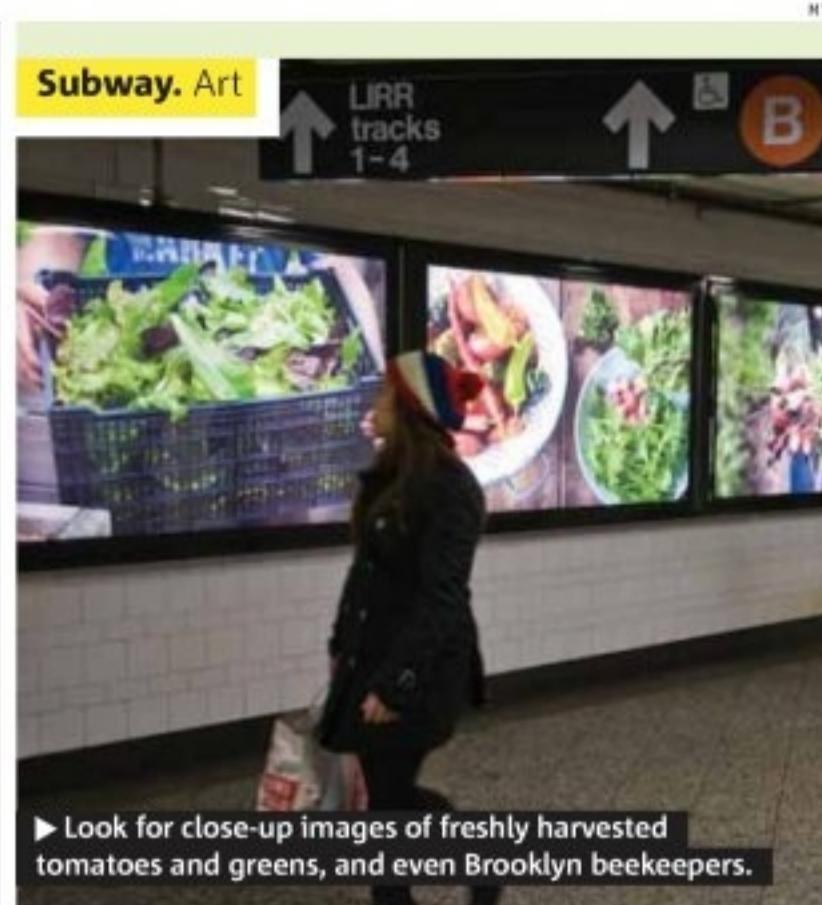
Gilbert was last seen in the Oak Beach area in May of last year while working as a prostitute. Although cops have said they don't

Search for Shannan

Gilbert's family is planning a vigil this Sunday in Long Island. Dec. 11 is the anniversary of when officers first found the buried remains of other prostitutes.

think her disappearance is connected to a suspected serial killer, the search for her led police to unearth 10 bodies, many of them female prostitutes, buried on or near Oak Beach and nearby Gilgo Beach. Police think all 10 were killed by the same killer.

ALISON BOWEN
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► Look for close-up images of freshly harvested tomatoes and greens, and even Brooklyn beekeepers.

Express stop, local eats

The Atlantic Avenue subway hub just got a lot ... healthier? The MTA's Arts for Transit erected a new photo exhibit there yesterday that highlights local farms and purveyors of fresh produce in Brooklyn. Among the places featured are Tenth Acre Farms and Eagle Street Rooftop Farm, both located in Greenpoint, as well as Added Value Red Hook Community Farm. ● METRO/CB

Metro Magic toy drive



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- 2: One click on the logo will take you to a "Wish List" we have set up via a secure link

on ToysRUs.com. Once there, you can see all the toys we've already requested, with more added daily.

► Some of the toys already donated will be given to nearly 400 children at a holiday party this weekend at the Brooklyn Children's Museum. You can also drop off a toy at the museum until Dec. 9th.

► Any reader who buys a toy through Metro is eligible to win a free 42-inch LCD TV from Kiss Electronics, located at 230 W. 125th St.

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TIMOTHY A. CLARY/AFLO/GETTY IMAGES



► Snow stranded MTA buses on Fifth Avenue during last year's Christmas blizzard.

MTA prepares for snow, promises a different winter

The MTA wants to get a head start on Mother Nature this winter, in hopes of offsetting damage should another potential Christmas blizzard occur, like the one last year that crippled the city.

The MTA announced yesterday that it now has situation rooms set up and a revamped snow-fighting fleet to handle storms. Vehicles are equipped with ground-temperature sensors, which can tell if the roadway is in danger of freezing.

Transit Authority president Thomas Prendergast testified at a City Council hearing yesterday on bliz-

9K

The MTA is stockpiling 9,000 tons of deicer, as well as 102 trucks and 45 snow-fighting vehicles.

zard preparedness and said that this year the MTA is providing new consumer advocates to talk to passengers in case they become stranded on buses or trains in bad weather.

The situation rooms and consumer advocates are brand new this winter, according to MTA officials.

Prendergast also acknowledged failures last year — like the lack of MTA coordination during the blizzard, in which a group of passengers was stuck for hours aboard an A train.

Additionally, Metro-North trains now have two new snow-blowing trucks, a front-end loader and a backhoe to clear the tracks.

The MTA tested the equipment in January and February snowstorms and during the most recent Halloween snowstorm.



ALISON BOWEN
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Con man hits up tourists

MIDTOWN. A Swiss con man convinced out-of-towners to let him "borrow" their credit cards for an emergency, but instead stole \$71,000 from them, the New York Post reported yesterday.

Olivier Rey, 48, allegedly told tourists he

just needed an imprint of their cards to check in to the Sheraton New York Hotel & Towers, and that he would replace it with his own credit card the next day.

One victim, Gary Koelling from Minnesota, said Rey begged him: "I just left my wallet in the cab and I don't know how I'm going to get it back. Can you help me?"

He pulled it off with three different tourists, officials said. • METRO/EAE

Stalking conviction

LONDON. A New York banker was convicted Monday of stalking his former lover and co-worker. David Gray, 28, was convicted of harassing Daniela Rausnitz, 25, after she transferred from JP Morgan's Big Apple office to London, according to the Daily Mail. Gray reportedly broke into her apartment and would show up at restaurants and hotels where he knew she would be. • METRO/EAE

Metro interview

MAC LETHAL



► Mac Lethal clears the air.

Hilarious Web texts: Real or not?

► Metro interviews the man behind 'Texts From Bennett' ► Smoking Gun called the site out as a fake

No sooner did the tumblr blog Texts From Bennett — which showcases the bizarre worldview of a 17-year-old wannabe thug in the Midwest — go viral then reports surfaced from The Smoking Gun alleging that the entire thing was a fake, concocted by 30-year-old rapper Mac Lethal (real name David Sheldon). Lethal, however, has condemned the Smoking Gun report as false and malicious. Now he speaks to Metro to attest the blog is 100 percent real.

Is Texts From Bennett fake? First and foremost, it's actually 100 percent not fake. The Smoking Gun called my father, and my dad wouldn't tell him who Bennett was. We're not going to give out [his] telephone number, home address or legal birth name. We're protecting a family member.

But aren't you endangering him by putting his texts online?

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Based on the texts that I'm putting out, can you go find him? No, you can't. Does he know about the blog? He's unaware. He lives in a low-income neighborhood in Kansas City, Kansas. And he doesn't have the Internet. This is apparently surprising to people from outside the Midwest or aren't from areas that have low-income people. It does seem a little too perfect. Does he know that he's being funny? He's a very, very arrogant person. I post the things that are funny. They're not the only things we text. It's a 24-hour-a-day thing. There's so much [stuff] that he says that doesn't work.

NATE JONES
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Do you regret making the blog?

The other night I was debating taking it down. [Bennett's] mom is on disability, and if someone

"I'm not looking for people to go 'Oh, OK! I believe!'"
MAC LETHAL

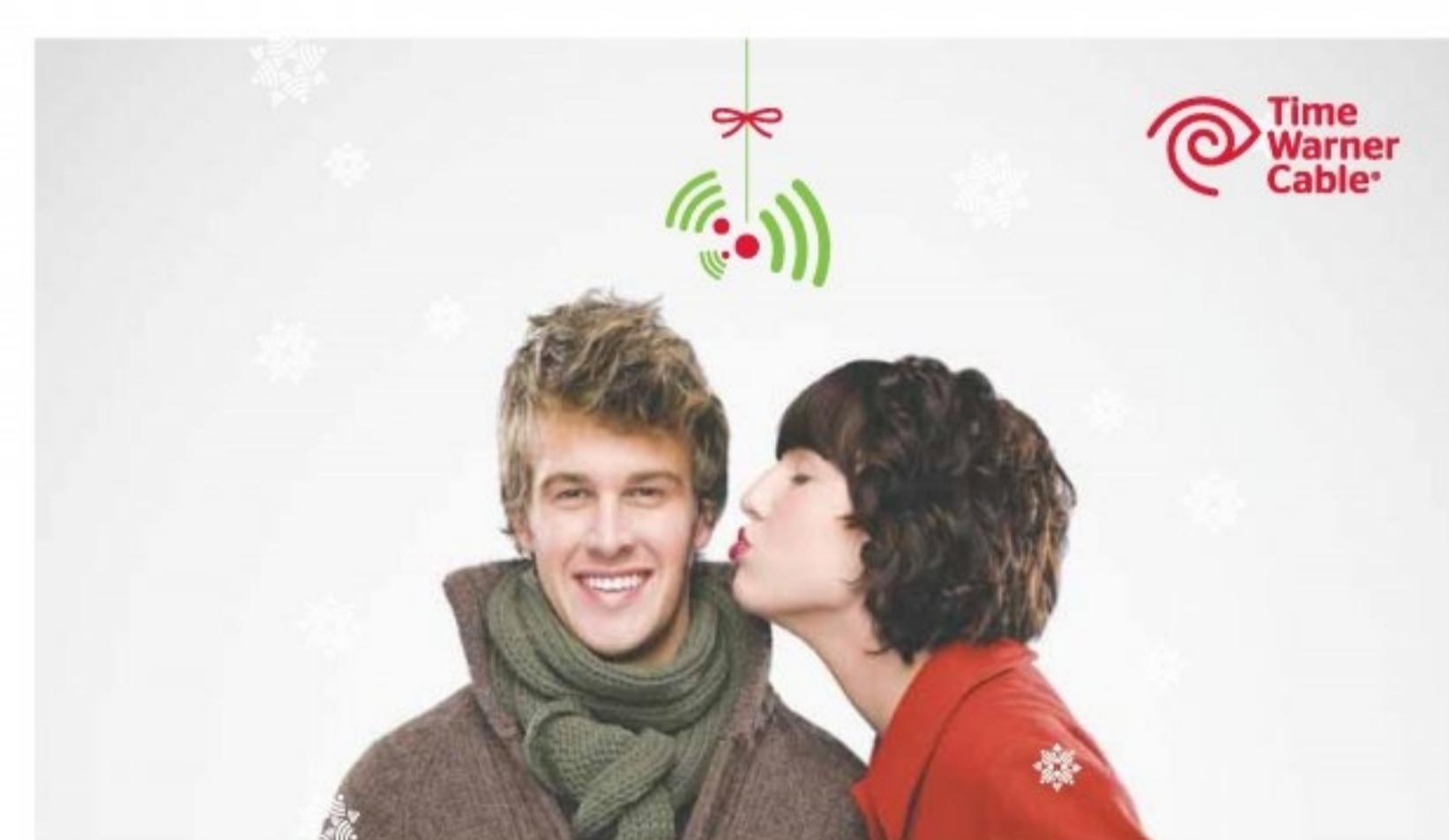
finds out who she is or where she is, they could really do some damage to her. I've battled with it — but at the same time, it's

gotten this big now. I'm not going to not let people enjoy it, people who don't really want to think about it. They don't want to look into whether it's fake or not. And if they do, they can think on their own. They can use their own heads for that. I can't 100 percent confirm everything, and that's fine.

Suspicions

We asked: Do you understand how people would be suspicious?

"Being suspicious of something is one thing. Reporting that the site is fake is a different thing, especially when the parties concerned are saying it's not. They didn't confirm anything!"



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Romney staff spent \$100K to hide records

Mitt Romney spent nearly \$100,000 in state funds to replace computers in his office at the end of his term as governor of Massachusetts in 2007 as part of an unprecedented effort to keep his records secret, Reuters has learned.

The move during the final weeks of Romney's administration was legal — but unusual for a departing governor, Massachusetts officials say.

The effort to purge the records was made a few months before Romney launched an unsuccessful campaign for the Republican presidential nomina-

GETTY IMAGES



tion in 2008. He is again competing for the party's nomination, this time to challenge Barack Obama for the presidency in 2012.

Five weeks before the first contests in Iowa, Romney has seen his position as frontrunner among Republican presidential can-

candidates whittled away in the polls as rival Newt Gingrich, the former speaker of the House of Representatives, has gained ground.

When Romney left the governorship of Massachusetts, the governor's staff had e-mails and other electronic communications by Romney's administration wiped from state servers, state officials say.

Those actions erased much of the internal documentation of Romney's four-year tenure as governor, which ended in January 2007. Precisely what information was erased is unclear. **REUTERS**

Deadly blasts hit Afghans

A suicide attack killed at least 55 people at a gathering of Shi'ite Muslims at a crowded Kabul shrine yesterday in the worst sectarian violence Afghanistan has seen since the fall of the Taliban. The Kabul bomb was the deadliest in the capital since 2008. **REUTERS**

Obama speech targets GOP

President Barack Obama turned up the heat on his Republican foes yesterday as he portrayed himself as a champion of the middle class and laid out in the starker terms yet the populist themes of his 2012 re-election bid. **REUTERS**

stress and weight gain.

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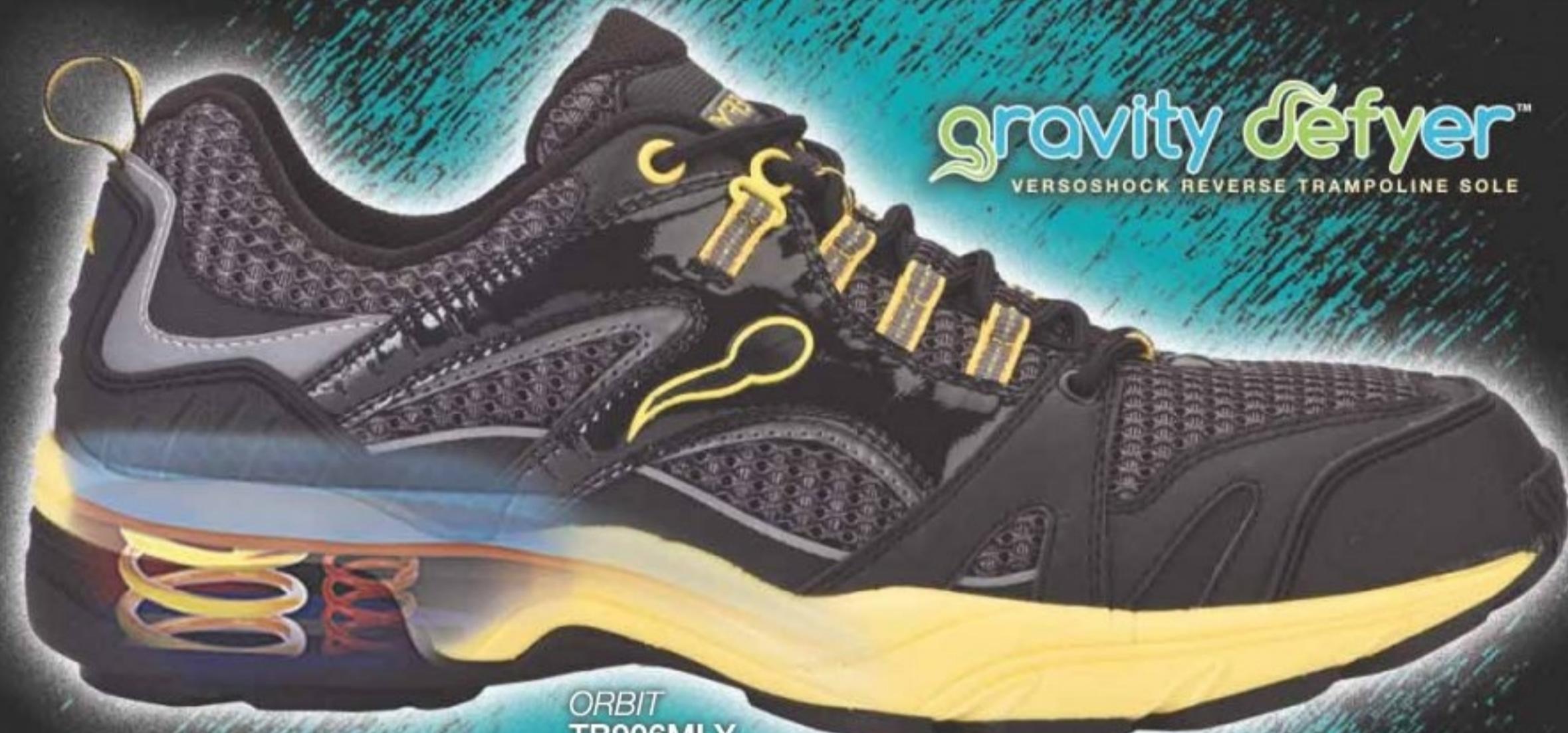
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Deadline closing in

With just three days left to make nominations for Metro's Man and Woman of the Year event, Steve Jobs, Apple's co-founder, received a large number of nominations yesterday. As Prasad Thothempudi wrote: "Steve Jobs. End of discussion."

The Navy SEAL Team Six, who assassinated Osama bin Laden, received a fresh batch of nominations; and in the Woman of the Year event, Hillary Clinton continues to receive support. The Occupy

metro MAN AND WOMAN OF THE YEAR 2011

protestors received several nominations, too.

Nominations close at 5 p.m. on Friday, Dec. 9. From Monday Dec. 12, readers will be able to vote from a short list of nominated people.

Send nominations to mwoty@metro.us.



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Bedbugs: Incest fuels infestations

Like any truly bad roommate, a single female bedbug can infest an entire apartment, a study shows.

Bedbugs inbreed without ill effects, the researchers said, so even a single mated bedbug can lead to a colony of the blood-sucking insects. Three colonized buildings in North Carolina and New Jersey suggested the invasion started with only one or two insects. Another study traced 21 infestations from Maine to Florida and found most began in a single room.

Bedbugs were almost eliminated in the U.S. 60 years ago by the pesticide DDT. International travel

100X

The number of infestations from the insects, which feed only on blood, has grown as much as 100-fold since 1990, said disease expert Rajeev Vaidyanathan.

probably aided a resurgence in the past 30 years, said study author Coby Schal.

"This tells us it's absolutely critical to detect bedbugs early," said Schal, an urban entomology professor at North Carolina State University in Raleigh.

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Court gives Lehman OK to exit bankruptcy

NEW YORK. Lehman Brothers Holdings Corp., now just the odds and ends of the global financial behemoth that collapsed in September 2008, received court approval yesterday to exit bankruptcy early next year.

Lehman may now wind down its remaining operations, U.S. Bankruptcy Judge James Peck said. Once a mammoth investment bank and brokerage, Lehman is now a collection of assets including real estate, private equity and banking investments.

At the time of the bankruptcy, Lehman was an international company with businesses and employees around the globe. Many of Lehman's 25,000 employees were saved by asset sales, but thousands still lost their jobs. **REUTERS**



► Greenpeace activists try to promote the use of renewable energy using solar and wind power on the Durban beachfront in South Africa where UN climate talks take place.

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Global climate deal outlook: Not sunny

► UN head says new treaty may not go forward ► India, China say they shouldn't be punished for sins of the US

United Nations Secretary General Ban Ki-Moon said a global warming treaty may be "beyond our reach" this week as India and China rejected pressure for developing nations to adopt mandatory pollution targets.

India, speaking with the Basic negotiating group of countries that also includes South Africa, Brazil and China, said industrial nations should move first in cutting fossil fuel emissions. The comments marked a hardening of positions that reduces the scope for an agreement.

"Basic countries are not major polluters," Indian Environment Minister Jayanthi Natarajan said.

"They have a small footprint in the context of historical emissions."

After nine days of meetings, envoys from more than 190 nations remain divided about how to extend limits on greenhouse gas emissions once the Kyoto Protocol expires next year. The 1997 treaty capped emissions for in-

dustrial nations. It included no targets for developing nations including China and India, which have since become two of the three biggest polluters.

"The United States is setting an unreasonably high bar for reaching a comprehensive agreement," said Tim Gore, climate policy adviser at Oxfam. **BLOOMBERG**

Placing blame

China, India and Brazil are pushing industrial nations to extend Kyoto, saying any climate pact must recognize the historical responsibility of the nations that caused the problem to act first.

- The U.S., Canada, Japan and Russia say they want a treaty that requires cuts from all parties.
- The European Union says it will extend Kyoto if all nations agree to adopt a legally binding treaty by 2015.

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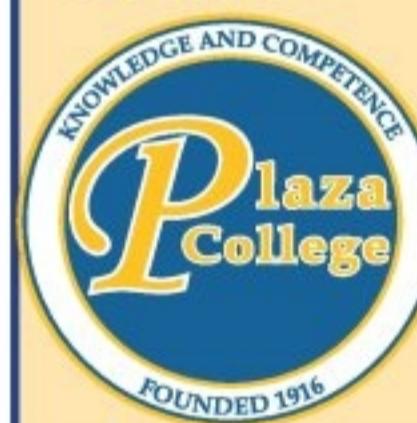
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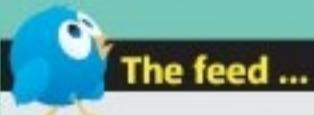
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myentertainment



► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Joel McHale has a challenge for his fans, Simon Pegg is getting his movies mixed up, Hank Azaria is getting to the root of his problems and Conan O'Brien is starstruck.

► **@joelmchale**
Contest: find the account on twitter w/the fewest # of followers & the largest number of tweets. Prize: DVD of the Chevy Chase's Karate Dog.

► **@simonpegg**
Slightly confusing doing press for two films simultaneously. Keep talking about Ethan Hunt's faithful canine sidekick, Snowy.

► **@HankAzaria**
I confuse tackle with tickle a lot.

► **@ConanOBrien**
Had a great celebrity sighting today: the @Dalailama at Chipotle.



THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip **t** @dorothyatmetro **e** dorothy.robinson@metro.us



The Shore gets another scent



► I know where most men would want to put their nose.

PHOTOS: GETTY IMAGES

Not to be outdone by fellow "Jersey Shore" castmembers **Snooki** and **Sammi** releasing their own perfumes, busty reality star **JWoww** is releasing a signature fragrance. The perfume, simply called **JWOWW**, comes out just in time for the holiday season, retailing at such choice outlets as Kmart, Amazon.com and www.jwowwperfume.com.

According to the press release, **JWOWW** is a "sexy perfume inspired by days and nights down the shore." A



Get a whiff!

Just in case we can fool ourselves into thinking this scent wasn't created by a bunch of Chinese child laborers mixing together a bunch of synthetic compounds into something resembling "sweet," there's even a hilarious rundown of the "notes" in

tiny gold JWOWW charm adorns the sleek bottle, which was also designed by the reality TV star.

Classy rebranding from JWoww here. I love that "fresh air" (see below) is included as one of the predominant "notes" in place of, say, "vomit after a night of Red Bull, 2 a.m. chicken wings and a half case of Miller Lite." That's what I imagine for a smell "inspired by nights down the shore."

And incoming hate mail from Jersey people in three, two, one ...

the \$29.99 bottle:

- **Top notes:** Anjou pear, sparkling citron, fresh air
- **Middle notes:** Rose petals, geranium blossom, sheer muguet
- **Bottom notes:** Sandalwood, deep musk, white moss

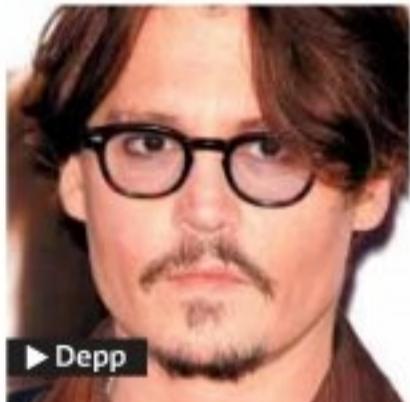


If Shrek's hitched ...

Talking points

Depp to talk to LAPD

The Los Angeles Police Department is interested in speaking with **Johnny Depp** after one of his bodyguards was accused of assaulting a disabled woman at an **Iggy Pop** concert last week, according to TMZ. According to the filed complaint, **Robyn**



► Depp

Ecker — who paid \$600 for her tickets to the concert — claims a member of Depp's entourage grabbed her wrists and

wrestled her to the ground after she was dancing too close to his VIP table. Ecker went to the hospital before filing the complaint.

He won't be Papa Clooney

This might have seemed obvious, given his aversion to marriage, but **George Clooney** has made it official that he has no plans to become a father. "I've always known fatherhood

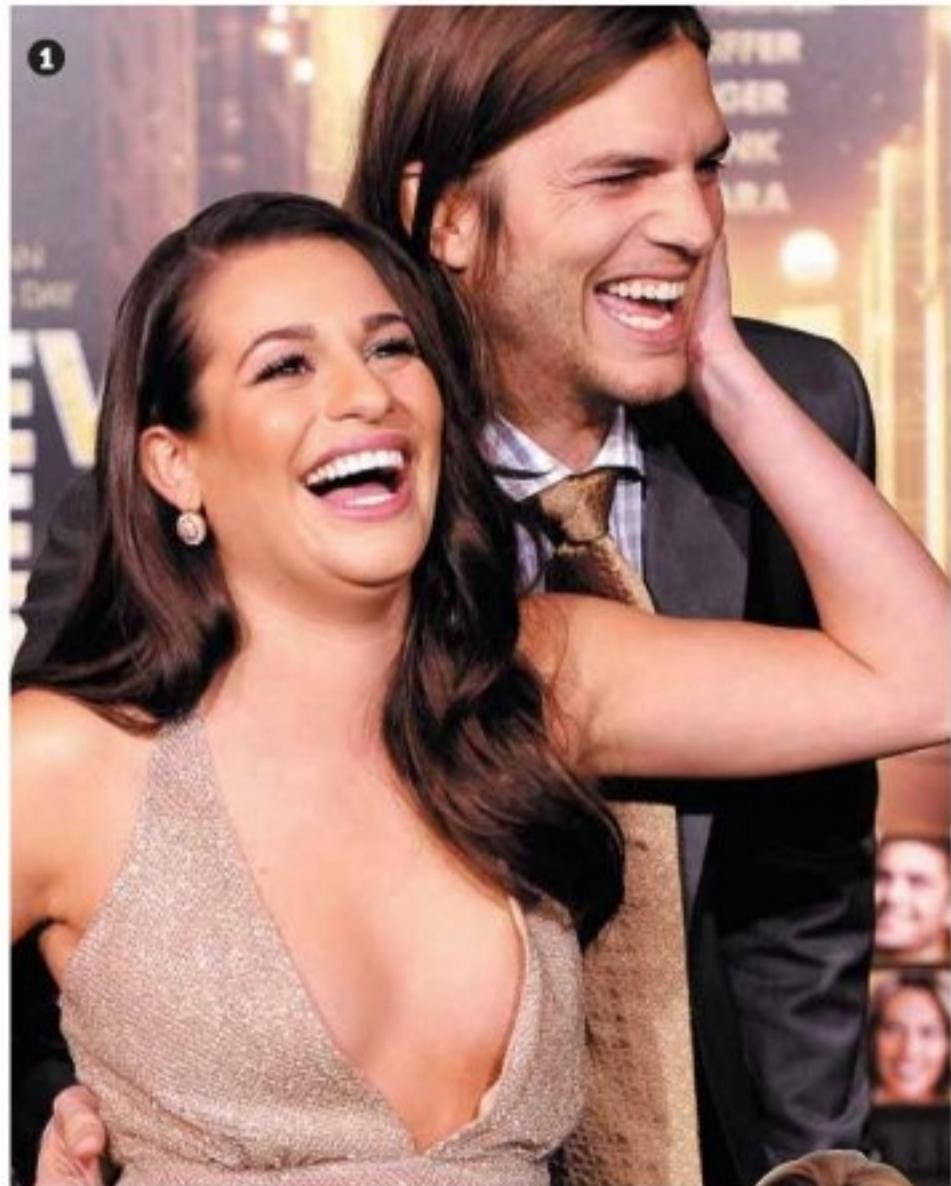
wasn't for me," he tells Australia's Daily Telegraph. "Raising kids is a huge commitment and has to be your top priority. For me, that priority is my work. That's why I'll never get married again."

ScarJo still down with marriage

Despite the demise of her two-year marriage to **Ryan Reynolds**, **Scarlett Johansson**

doesn't regret saying "I do," she tells Cosmopolitan magazine. "I'm a big believer that when something feels right, you should do it," she says. "Getting married was the right thing to do because it was natural. It grew out of a romance and love and a desire to have a future with somebody." And Johansson is more than willing to take some of the blame: "Relationships are complicated," she adds. "I think I was not fully aware of the peaks and the valleys."

myentertainment



The 'New Year's Eve' premiere and more

1. Demi who? Lea Michele and Ashton Kutcher got flirty on the red carpet at the premiere of "New Year's Eve" in Hollywood, Calif., on Monday.

2. Fergie and husband Josh Duhamel also attended the "New Year's Eve" premiere.

3. Angelina Jolie and Brad Pitt attended the premiere of Jolie's directorial debut, "In the Land of Blood and Honey" at the School of Visual Arts in New York City on Monday.

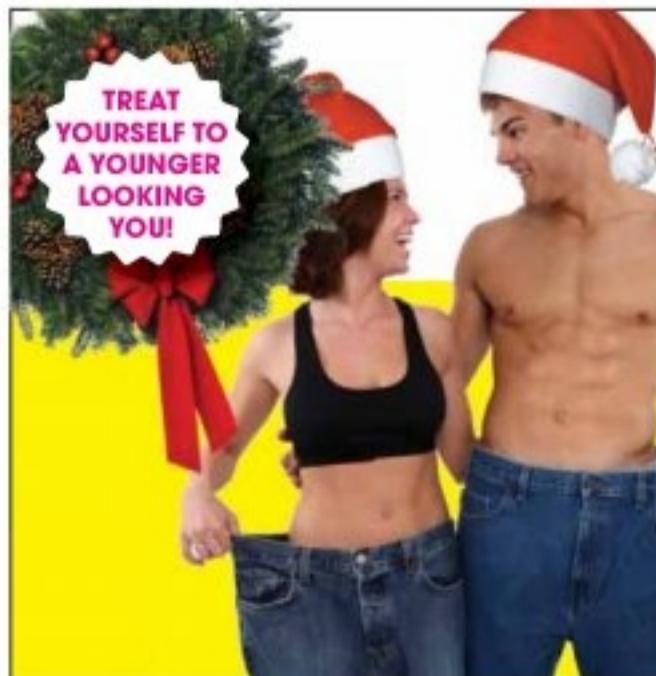
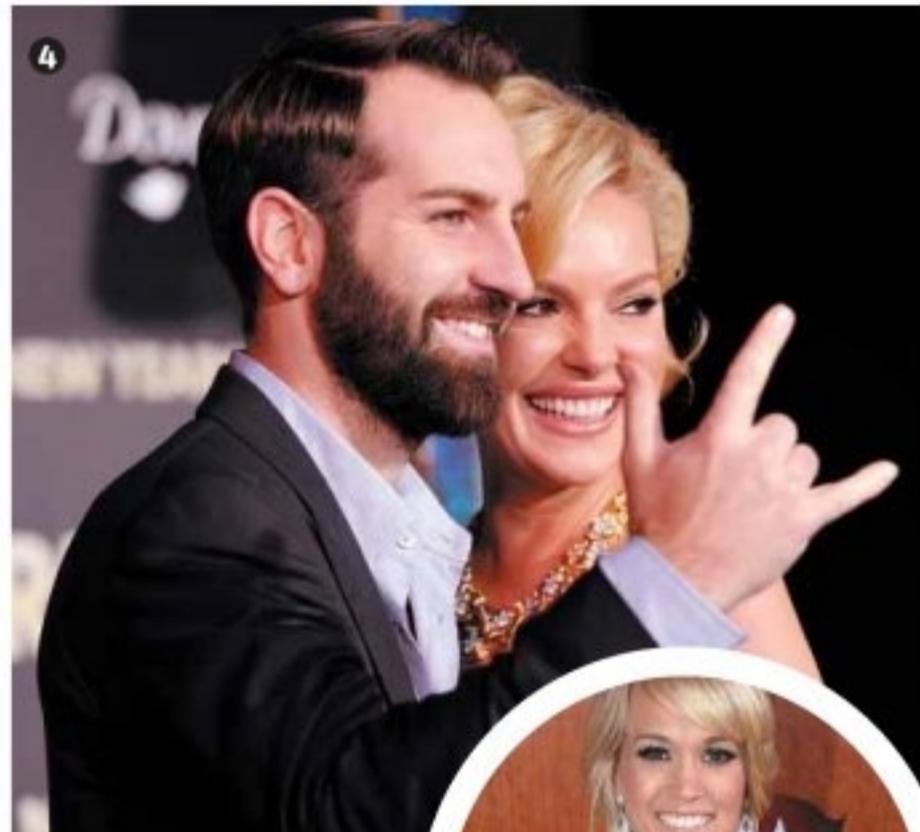
4. Katherine Heigl and husband Josh Kelley also popped up at the "New Year's Eve" premiere. Is anyone in Hollywood not in this movie?

5. Musician Jason Aldean and wife Jessica Aldean attended the American Country Awards 2011 in Las Vegas on Monday. The country singer bagged an impressive six awards, including Artist of the Year and Album of the Year.

6. Carrie Underwood was also at the American Country Awards. She won three awards, including Female Artist of the Year.

7. "Modern Family" star Jesse Tyler Ferguson and Justin Mikita attended the Trevor Project's 2011 Trevor Live! at The Hollywood Palladium in Los Angeles on Sunday.

1,2,4,5,6,7: KEVIN WINTER/GETTY IMAGES
3: TIBOR CANTOR/GETTY IMAGES
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mytechnology

Get your gamer the greatest goodies

► Sidescroller picks out a few accessories that will be key for the video game fiend in your life ► Start by getting them their own 'DJ Roomba'

Gamers can be a difficult lot to buy for. You can't get them a game because they probably camped out at Best Buy to get it the day it came out. Here are a few suggestions.

Sidescroller

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Roomba/ Scooba

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Wait. How would a robot vacuum be a good gift for a gamer? The video in your life is probably playing "Skyrim" and that game can suck away hundreds of hours like so much dust. That doesn't leave time for cleaning. Get them a Roomba for vacuuming and its new cousin the Scooba for mopping. Too bad they don't make robots for paying bills or spending time with your family.



Striiv: Personal Trainer in Your Pocket

\$99

Again, it must be noted that gads of people are currently logging hundreds of hours into "Skyrim." That's a whole lot of couch time. Throw them a health-conscious life raft before their veins turns into General Tso's chicken. The Striiv Personal Trainer pocket device gets people exercising through immense gamification. This touch-screen gadget is filled to the brim with varying goals and addictive games. It doesn't lay on the guilt like a family member, but it'll certainly do in a pinch.



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Does your loved one tinker on their iPhone or iPad when they should be paying attention to the world around them? You will never convince them of proper social decorum, so you may as well just get them a cool plug-in speaker for iOS devices. This way you can at least follow along as they play "Infinity Blade 2" or watch "outfit of the day" videos on YouTube. Our favorite speaker set is the iWOW 3D by SRS Labs.

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mystyle

Shopping events

Cyber pop-up shop

DKNY and Bloomingdale's have teamed up to make you very happy this shopping season. The brands have set up three pop-up mobile shops around town where shoppers can browse online for gifts,



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have them gift-wrapped and shipped for free all while avoiding the drama of a busy store. And better yet, for every 100 people who enter the Mobile Cyber Shop, DKNY has pledged to help City Harvest feed 370 men, women and children in the area.
Today: 23rd Street & Broadway, 8 a.m. to 8 p.m.
Friday: Central Park West & Broadway, 8 a.m. to 8 p.m.
Saturday: 13th Street & Ninth Avenue, 10 a.m. to 8 p.m.



Get crafty

Meet DIY maven and founder of P.S. — I made this, Erica Domesek, at C. Wonder tonight where she'll be showcasing her new collaboration with the brand and helping you create your own gifts. Just in time for gifting season, Domesek and C. Wonder created three DIY kits to help people personalize and craft their own stocking stuffers, hostess gifts and more.
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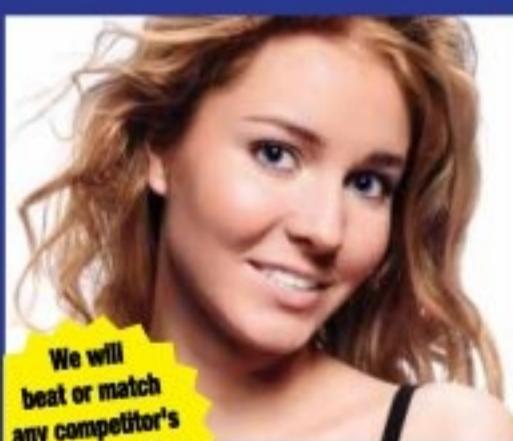
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18

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WEDNESDAY, DECEMBER 7, 2011

mywellbeing

Strike a pose

Yoga pose of the week: Garland Pose/ Malasana

*Note: People with knee injuries
should avoid this pose.*

What to do:

1 Squat with your feet as
close together as possible.

2 Separate your thighs
slightly wider than your
torso. Exhaling, lean your torso
forward and fit it snugly
between your thighs.

3 While you keep your
feet flat, keep your body
weight on your toes as much
as possible.

4 Press your elbows against
your inner knees, bringing
your palms together, and resist



► Hold it right there!

the knees into the elbows.

5 To go further, press your
inner thighs against the
sides of your torso. Reach your
arms forward, then swing
them out to the sides and
notch your shins into your
armpits. Press your fingertips
to the floor, or reach around
the outside of your ankles and
clasp your heels.

6 Hold the position for 30
seconds to one minute,
then inhale, straighten the
knees and stand.

Benefits:

- Stretches the ankles, groin and back torso
- Tones the belly
- Relaxes your lower back
- Helps constipation

— Pose courtesy of
Stephanie Knutsson,
Bodyism Yoga instructor

MORE YOGA POSES
HEALTH.METRO.US

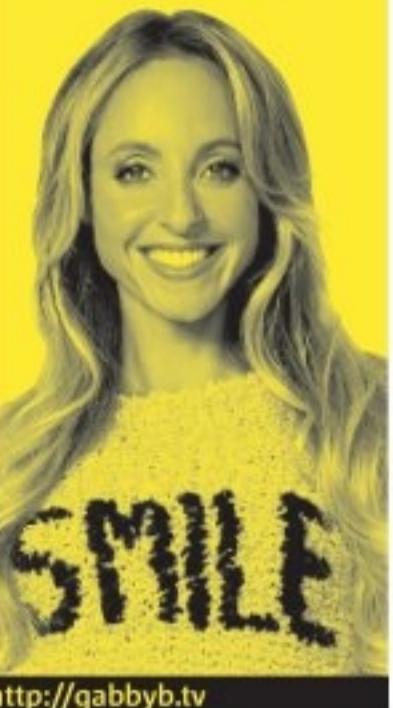


mywellbeing

Zen in the city

GABRIELLE
BERNSTEIN

AUTHOR OF "SPIRIT JUNKIE"



— Find Gabrielle Bernstein on Facebook and Twitter.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

LET GO OF 2011, AND WELCOME 2012

The only way you'll be able to start the new year fresh is with the right outlook. Let Gabby Bernstein guide you through some winter soul-searching.

The last month of the year offers us the opportunity to shed old ways. Much like the trees must let go of their leaves, we must let go of old patterns to start fresh in the new year. Change can be difficult — but this season, you have the opportunity to make change fun.

Rather than get overwhelmed about what you want to change, make it a realistic experience. The same way the leaves change colors before they fall, you too can change your inner life before you make great shifts in 2012. Take time this month to hibernate by spending time in deep contemplation. Get cozy in your local cafe with a cup of hot tea and spend some time reflecting.



► Kiss 2011 goodbye with a good attitude.

Reject on the year past and plan for the year ahead. Write a list of everything you accomplished in 2011. Then take an inventory of what you'd like to do differently in 2012. Without judgment, reflect honestly and fearlessly on 2011 and make a commitment to yourself that you'll let go of old patterns in order to grow with each new season.

Stress test

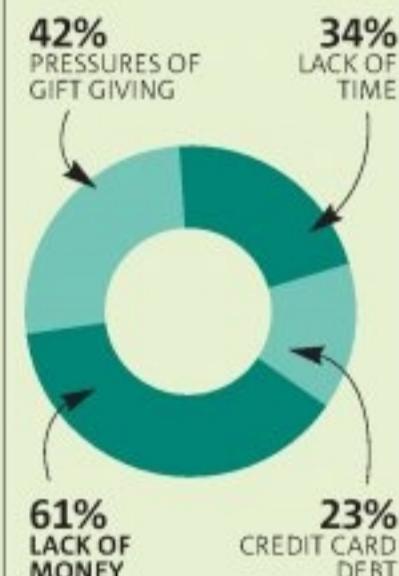


► Don't crack under the pressure!

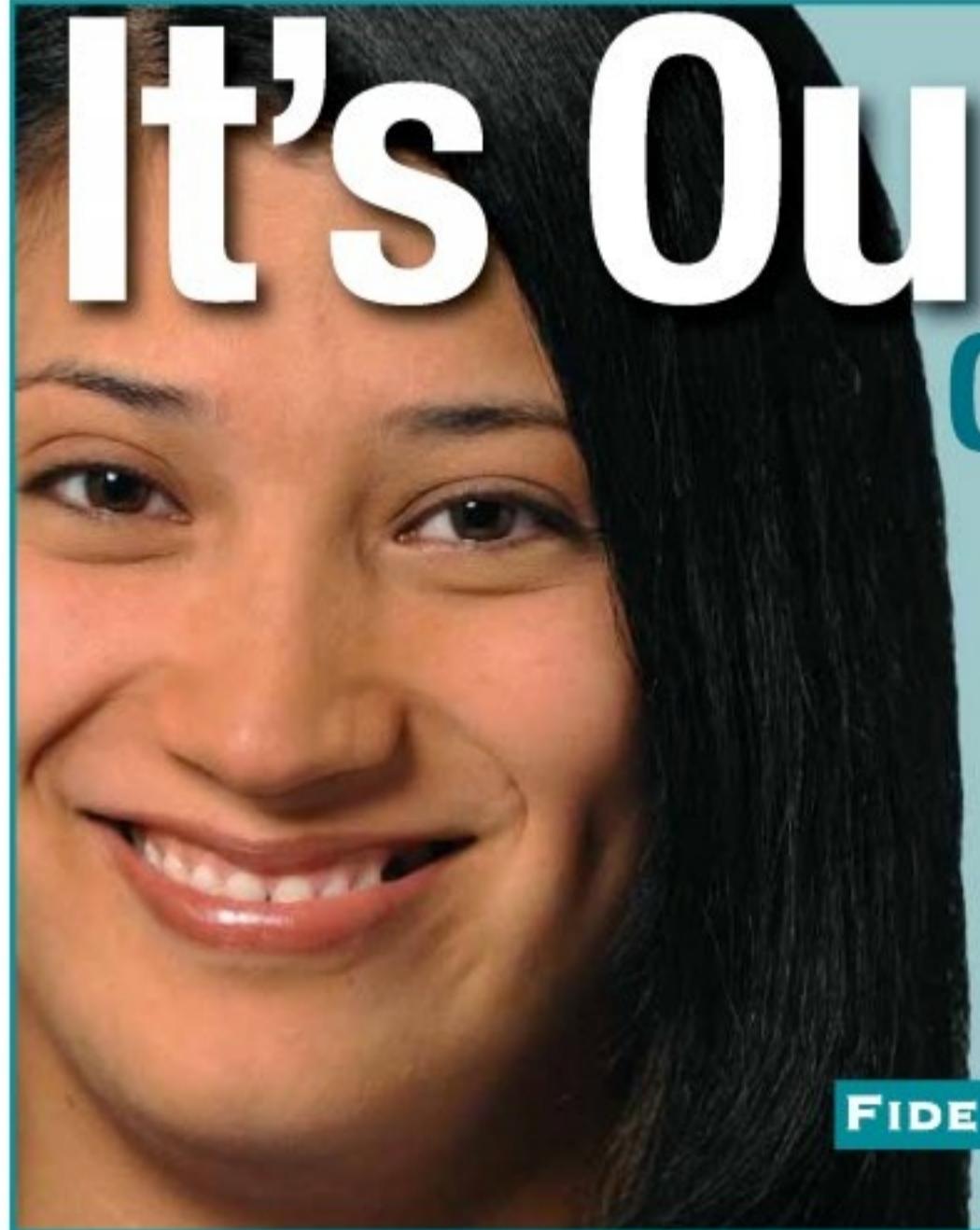
Top causes of holiday stress

- 61 percent of people list lack of money as the top cause
- 42 percent said the pressures of gift giving
- 34 percent said lack of time
- 23 percent said credit card debt
- One in five people are worried that holiday stress could affect their physical health.

—Source: American Psychological Association



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Your brain on music

When you flip through your iTunes collection, isn't it amazing how each song affects your mood so significantly? One can make you feel light and bouncy; another can take you to a dark, depressing place connected to some past memory. Why does this happen?

"Once the emotional link to music is established, our neurological reactions are profound," says Dr. Con-

cetta Tomaino, director of the Institute for Music and Neurologic Function in New York. "Our brain creates hard-wired responses to certain situations that are repeated when listening to the music."

FOR A METRO-APPROVED PLAYLIST OF HAPPY SONGS [HEALTH.METRO.US](#)



► Maybe she's got some Katy Perry on her iPod.

Memories are key

The personal connection you have to certain songs triggers the release of feel-good chemicals, like dopamine and sero-

tonin, in the brain. Hormonal changes also occur. "Your brain triggers the release of the 'cuddle' hormone, oxytocin, that promotes feelings of love and trust," says Dr. Michael De Georgia, director

of Music and Medicine at University Hospitals Case Medical Center in Cleveland.

Your mom may also come into play. Maegan Morrow, a music therapist who is working with injured

congresswoman Gabrielle Giffords, believes that our connection with music comes from the way we were nurtured. "A certain voice could make you think of your mother's lullabies," she says.

Makeup matters, too

A song's structure also makes an impact. Dr. Tomaino says anything faster than normal walking tempo makes us feel energized. But according to Dr. De Georgia, the key to an elating song is one whose rhythm is at the same frequency as our heartbeat, an average of 60-80 beats per minute. Anything below 60 beats can be either sad or relaxing, whereas anything

above 80 can rev you up or cause anxiety:

"Rock music can make you feel euphoric, but a frequency too much above heartbeat causes your brain to release stress hormones," he explains.

Morrow describes rhythm as an external force to which our bodies align. "Our bodies are rhythmic: our steps, our heartbeat, our breath," she says. "Rhythm brings structure to the environment and the body [tries] to align with that beat."

The happiest tunes

Feelings of happiness are strongly linked to key tone: "Minor keys are often associated with depression and sadness, and major keys with feeling happy," says Dr. De Georgia. Also, higher pitched, generally female sounds are thought to be comforting. But sometimes, it just comes down to you loving the song.

"When we know a song's tonal structure, we feel comfortable," says Dr. De Georgia. "Brilliant musicians such as Mozart and The Beatles managed to tweak a song just outside of the 'comfort zone,' making it unique without entirely losing the plot and going offbeat," he adds.

 ROMINA MCGUINNESS

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Letters

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We're all made of same stuff

Wake up, already! W. Bush and Obama are the same corrupt puppets and their policies are 99 percent identical. Stop falling for the "divide and conquer" strategy. All people are the same: We want affordable homes and food, we hate potholes, we want love and respect, we hate the second Star Wars trilogy.

REMINICK ENZMINGER, BROOKLYN

Unemployed? Here's why ...

RE: "MINIMUM WAGE NOT OUR ENEMY": If not for the

minimum wage law, the employer could get away with not having to pay his employees a decent wage. Minimum wage law does not cause unemployment — but outsourcing does, and is a major cause for unemployment. Until corporations cut back on this practice, unemployment will remain high.

GERALD LARKE, VIA E-MAIL

It is not that the minimum wage destroys jobs, but that it prevents extra jobs from being created. The U.S. Government has simply made it too expensive for employers to hire people. The government playing back-

seat driver to employers is not fair for them — and more so, not fair for the young, poor and unskilled workers who are priced out of the job market because they can not produce the \$7.25/hr that would justify hiring them.

HANS HAUGEN, ASTORIA

We need you, not sure why

Occupy Wall Street, what is your mission? I have searched many of the Occupy websites and there are no tabs that I can click on with a clear "about us," "mission" and/or "vision." Get a mission, get a

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Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

vision, get an agenda and get some space! Because the 99 percent does need you, we just cannot figure out what it is that you are doing for us!

CATHLEEN PRATA CISSE, VIA E-MAIL

Congress bows to a false idol

Many members of Congress have signed a pledge promising never to vote to raise taxes. Why is a separate pledge needed when the oath of office sufficiently covers the members' requisite responsibilities? This "no tax" pledge abrogates due diligence and assiduous deliberation. The nation is burdened with a large segment of Congress who have pledged to say, "No, no, no." We've got a bunch of toddlers in Washington.

GLENN HAYES, KEW GARDENS

Horoscope

♐ Sagittarius Nov. 23-Dec. 21. Assume the initiative and direct events yourself instead of waiting on others to lead the way. You're a natural leader with talent many others lack.

♑ Capricorn Dec. 22-Jan. 19. Others tend to be more responsive than usual, so be sure to make the impression you want — especially when in the presence of someone to whom you're attracted.

♒ Aquarius Jan. 20-Feb. 19. Substantial gratification can be derived by working on projects that allow you to make improvements. You'll enjoy revamping outmoded things.

♓ Pisces Feb. 20-March 20. Your one-on-one relationships could hold some surprises, such as the unexpected cooperation of someone who never tends to pitch in and be helpful. Enjoy it while it lasts.

♈ Aries March 21-April 19. One of the best ways to make money is to market what you love doing. It enables you to spend all your working hours applying yourself to satisfying both your inclinations and your income.

♉ Taurus April 20-May 20. There is something exciting about you that attracts others: your happiness is finally being able to spend your time doing exactly what you want to do.

♊ Gemini May 21-June 20. Having a considerate and generous attitude actually puts you in the profit column. Lady Luck tends to favor those who care about the welfare of others as well as their own.

♋ Cancer June 21-July 22. Keeping all of your comments positive enables you to say what you want without fear of anything being resented or misunderstood. It's a good practice.

♌ Leo July 23-Aug. 22. When you least expect it, you could suddenly get the credit and/or recognition for a kind act or significant accomplishment. In addition to the accolades, a reward could be in the offing.

♍ Virgo Aug. 23-Sept. 22. When you appreciate the fact that you're enough of a go-getter to pursue something quite meaningful, you'll get busy. Assertive action will bring you the results you desire.

♎ Libra Sept. 23-Oct. 23. Unless you realize the fact that you have the power and fortitude to alter conditions to your liking, you won't do so. It behooves you to have faith.

♏ Scorpio Oct. 24-Nov. 22. It's one of those days when it would be best to work in conjunction with others instead of attempting to do everything on your own. An associate could have the talent you lack.

BERNICE BEDE OSOL

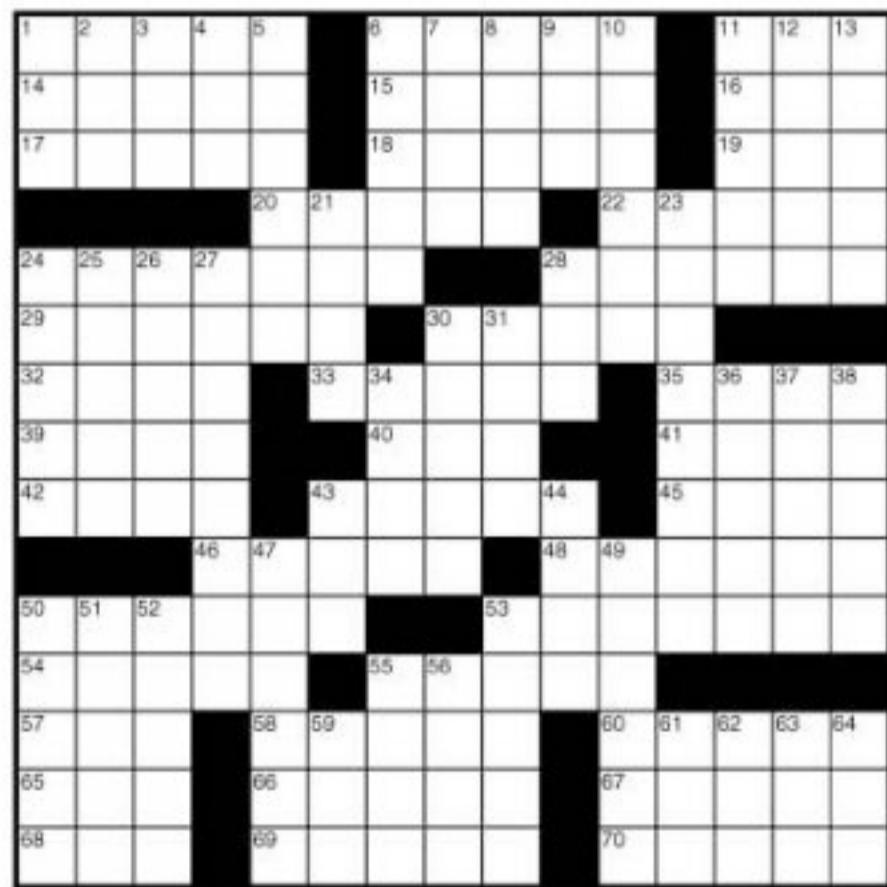
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Across

- 1 Jingle
- 6 Kidded around
- 11 Quick punch
- 14 Versifier — Nash
- 15 Take the podium
- 16 Shogun's capital
- 17 Hollow rock
- 18 Pharaoh's textile
- 19 Gore and Capone
- 20 Originate
- 22 — fatuous
- 24 Delinquent(2 wds.)
- 28 Pseudopod possessor
- 29 Blame
- 30 Popped
- 32 Contented sound
- 33 Good-hearted ones
- 35 Vigoda and Burrows
- 39 Two fives for —
- 40 Hex halved
- 41 Push with the head
- 42 Vichyssoise ingredient
- 43 Seismic uplift
- 45 Gawk at
- 46 Black wood
- 48 Telescope lens
- 50 Rubber-stamped
- 53 Muscle builder
- 54 Chili pepper dip
- 55 Billy and nanny
- 57 IRS employee
- 58 Sea World orca
- 60 Type of jacket
- 65 Showery mo.
- 66 Heavy reading?
- 67 Roof overhangs
- 68 Plow into
- 69 Vista
- 70 Dweeb

Down

- 1 Machine tooth
- 2 Size above med.
- 3 Altar vow(2 wds.)
- 4 — Jarrett of NASCAR
- 5 Works clay
- 6 Pretty in Paris
- 7 Rainbow goddess
- 8 Barn topper
- 9 Riviera summer
- 10 Blue jeans
- 11 Astrologer — Dixon
- 12 Wing it (hyph.)
- 13 — nova
- 21 Wished undone
- 23 Socialized(2 wds.)
- 24 Kind of bull



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SUDOKU LEVEL: EASY

Solution to yesterday's crossword

| | | |
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| GROWN | ALOE | ODIN |
| AMBIT | JELLYROLL | THRUST |
| FESTOON | MRI | ARRAY |
| EXTEND | FOUNDING | |
| TARRY | PLOTS | GAL |
| ICES | ELOPE | ALTA |
| STA | REUPE | CLOUD |
| HOMBURGS | GALORE | RIO |
| ANION | PLANTS | MINUSES |
| NOB | IGDEAL | EIDER |
| ENDS | BODY | SNOOP |

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| 1 | | 8 | 9 | | 4 |
| 3 | 6 | 2 | 4 | 1 | |

SUDOKU LEVEL: HARD

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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| | | 2 | | \$29,932 - \$39,300 |
| 4 | 1 Bedroom | 1-2 | \$1,096 | \$39,497 - \$65,500 |
| | | 3 | | |
| 9 | 2 Bedroom | 2 | \$965 | \$36,034 - \$39,300 |
| | | 3 | | \$36,034 - \$44,220 |
| | | 4 | | \$36,034 - \$49,080 |
| 30 | 2 Bedroom | 1-2 | \$1,322 | \$47,248 - \$65,500 |
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*Subject to Occupancy Criteria. **Includes gas for cooking. ***Income guidelines subject to change.
All households of 2 or more will be given preference for 2 bedroom units.

Qualified Applicants will be required to meet income guidelines and additional selection criteria. To request an application, mail a SELF ADDRESSED STAMPED ENVELOPE to: El Milagro Apartments c/o: The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418, or download from www.elmilagroapts.com. Completed applications must be returned by regular mail only (no priority, certified, registered, express or overnight mail will be accepted) to a post office box number that will be listed with the application, and must be postmarked by 2/10/12. Applications postmarked after 2/10/12 will be set aside for possible future consideration. Applications will be selected by lottery; applicants who submit more than one application will be disqualified. Disqualified applicants will not be accepted. A general preference will be given to New York City residents. Current and eligible residents of Bronx Community Board 3 will receive preference for 50% of the units. Eligible households that include persons with mobility impairments will receive preference for 5% of the units; eligible persons that include persons with visual and/or hearing impairments will receive preference for 2% of the units, and eligible City of New York Municipal Employees will receive a preference for 5% of the units. No Broker's Fee. No Application Fee.



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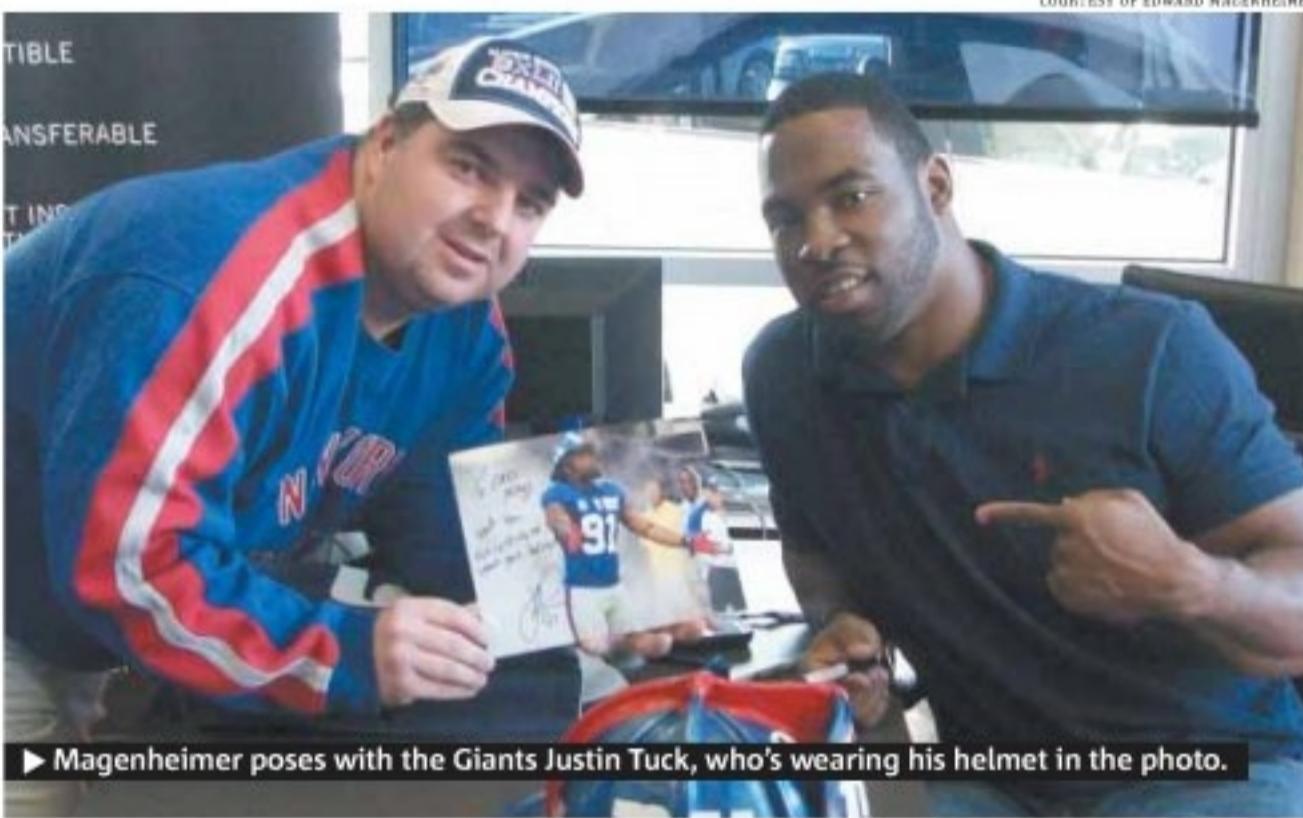
A tale of two Eds

► You are probably familiar with the 'Fireman Ed' ► But this Ed loves Big Blue ► Metro introduces you to Ed Magenheimer, a true Giants superfan

Prior to his team's next home game at MetLife Stadium, Fireman Ed will make his way through the tailgate parties on his way to find his seats for the game. He will be wearing his famous fireman's helmet, celebrating over 20 years of battling the flames and saving lives.

But it's not the Fireman Ed you're probably used to seeing.

Meet Edward Magenheimer, a volunteer fireman for more than 20 years — four of which were spent as assistant chief and then a final four years as chief. A Giants fan since his teen years, Magenheimer, from Eatontown, N.J., goes to four games a year. He won a fan entry for his picture to be on the ticket for the Gi-



► Magenheimer poses with the Giants Justin Tuck, who's wearing his helmet in the photo.

ants' Week 13 contest against Green Bay.

And any connection to Ed Anzalone, the Jets' infamous superfan with his "J-E-T-S, Jets! Jets! Jets!" chant is purely coincidental. Anzalone was in Washington, D.C., on Sunday to watch play the Redskins.

"I go by many names. 'Fireman Ed' [or] 'Fireman Mags' because it's my nick name for Magenheimer, but

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mostly 'Chief Ed' and 'Chief Eddie Mags,'" Magenheimer said. "Do I think the name 'Fireman Ed' is tainted? No, that's his name. I'm sure there are plenty of diehard football fans named Ed that happen to be firemen. It

would be neat to find at least one for all 32 teams.

"I'll be just called the 'Fire Chief Ed.' I'm not looking to mock or copy that. He is the 'Fireman Ed.' It just happens that I love being a fireman and I'm a diehard Giants fan. I'm just showing my passion and love for both."

KRISTIAN DYER
sports@metro.us



Report: Ortiz will return to Red Sox

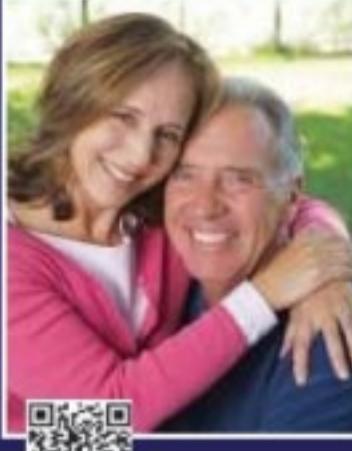
They might not know how, but the Red Sox reportedly believe slugger David Ortiz will be back in Boston next season.

Ortiz has until tonight at midnight to accept arbitration, which would pay him slightly more than the \$12.5 million he received in 2011.

ESPNBoston reported that the Red Sox were willing to offer two years, \$18 million to him. Either way they expect him to re-sign. ■ METRO

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THIS GRETZKY STILL MELTING UP THE ICE

Opinion

JASON McINTYRE

SPORTS@METRO.US



While I don't necessarily advocate joining Twitter, since it can be terribly addictive and a massive timesuck, the social media site has produced at least one phenomenon that is tangentially related to sports: Paulina Gretzky.

Yes, she's the daughter of the most famous hockey player to ever lace up skates, **Wayne Gretzky**. Paulina emerged on our radar a few years ago as a very good (and attractive) golfer. She's blossomed into a young, 20-something that has gone Hollywood.

With a posse of equally attractive friends, Paulina took Twitter by

storm, mainly through droolworthy photographs. As her star rose online, you know what happened next ... the photos bordered on provocative, and someone must have notified her dad Wayne, because at Thanksgiving, she abruptly quit.

Then, like an early Christmas present, she returned this week. And yes, the stunning photographs are back. Thank me later.

Marry me in San Francisco

Last weekend was a big one for the San Francisco Giants. No, the 2010 World Series champs weren't active in free agency, but two of their players got married.

Barry Zito — the guy

best known for surfing, his perpetual state of Zen, a bloated \$126 million contract and being left off the Giants' 2010 playoff roster — got married to Miss Missouri 2007, **Amber Seyer**. Giants outfielder **Nate Schierholtz** got married on the same day to **Kate Eveland**, a former San Diego State basketball player.

Sports loser of the week

At the risk of sounding callous, your sports loser of the week is **Brad Penny**. The major league pitcher who has made a cool \$49

million over the last 12 years with six teams (career record: 119-99; career ERA: 4.23) and previously dated actresses **Alyssa Milano** and **Eliza Dushku**, was dumped by his fiancee, dancer **Karina Smirnoff**.

There is a chance you're like me and you watch zero reality TV, so you've never heard of Smirnoff. If so, just know that she's a ridiculously hot dancer on "Dancing with the Stars," and you've probably seen her in the pages of a glossy magazine that your wife or girlfriend or mom reads.



Start following Paulina Gretzky on Twitter. NOW.

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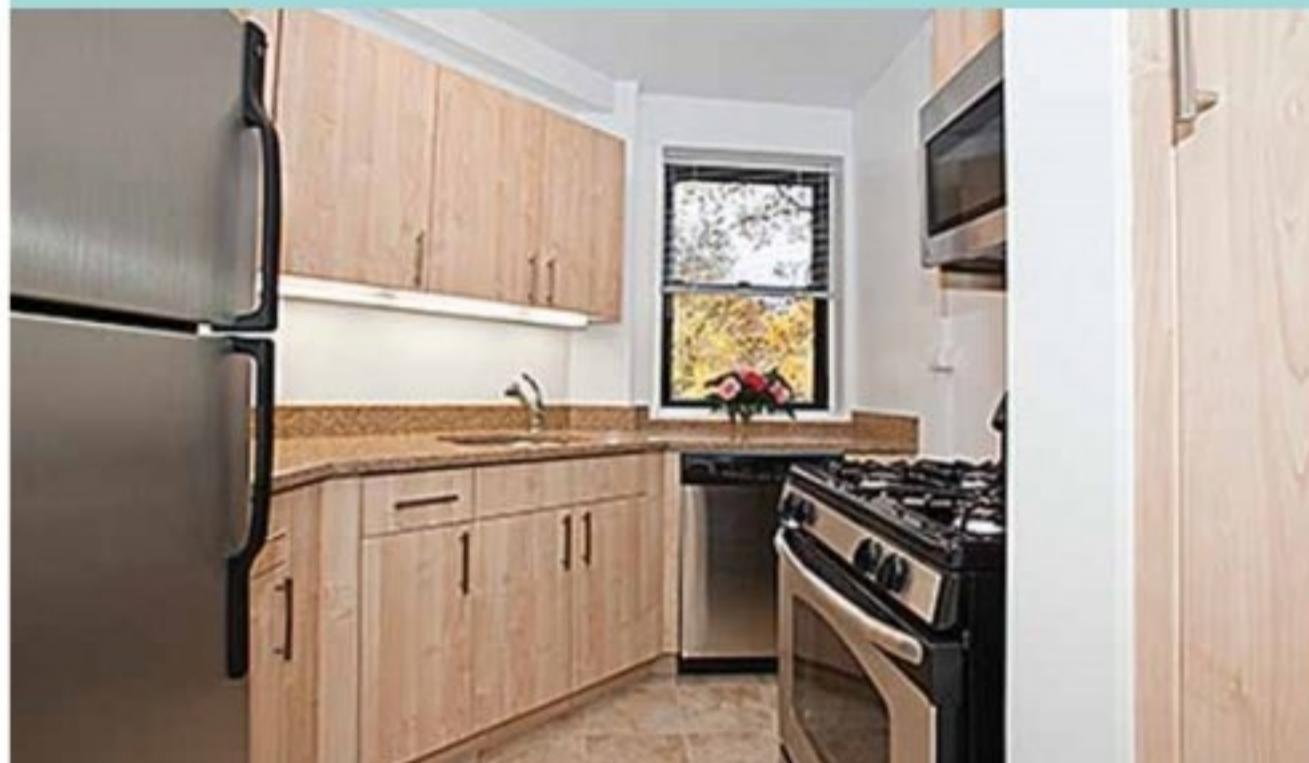
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Hostess with the mostess

► This year the gang is coming over to your place — but don't stress ► We ask the pros for tips on how to throw a party that your guests will be talking about way after the Christmas lights come down

Barbara Barry

Designer, Barbara Barry Baker Collection

Keep it simple

I try to create spaces that are really calm as a simple backdrop for the stuff of life, and when is there more stuff than at Christmas? Last year I did nothing — I didn't even



VICTORIA PEARSON

► Barbara Barry

put up a tree. I couldn't believe how colorful and full my house became of gifts, people, food, things — just the celebration, and it wasn't overwhelming. So I might sound a bit Zen there, but I would [suggest] a simple mantelpiece — I love magnolia leaves because they're still out at this time of year, I love small votives, and maybe a smell in the house like cinnamon.



► Expect rave reviews this year.

Katie Lee

The chef, cookbook author and Clos du Bois spokesperson will host her family at her new house in the Hamptons for Christmas.

On her style: My entertaining style is similar to my food and fashion style: I like casual, comfortable and a touch of couture. I think when you're entertaining it's about making it easy and making everyone feel comfortable when they walk in your door, not like feeling like the etiquette police are gonna come out. You want everybody to just feel relaxed and have a good time. I think the hostess sets the tone, so if you're having a good time and you're relaxed, everybody else will be too.

Creative centerpieces: It doesn't have to be flowers. One thing I really like to do is get clear glass bowls and fill them with ball ornaments. I'll fill bowls with those and put [them] going down the table.



► Ornaments make for a festive centerpiece.

It looks fun and festive and a box of those at the dollar store is, like, two bucks. Get creative: Go out in your yard and get branches, pine cones — you can take a gold glitter pen and decorate each of the pine cones a little bit. I also love citrus for decorating, so if you do the pine branches, put some clementines in there and then everybody can eat those while they're having tea. I also love the way pomegranates look in a bowl.

On shortcuts you can take:

Don't bite off more than you can chew when you're entertaining. Have some assembly foods: Go to the Italian specialty store and buy salami, prosciutto, parmesan and olives and put it on a beautiful platter — that's totally easy. Buy some store-bought breadsticks, wrap them in prosciutto and put that in a glass. For dessert, buy a pound cake, cut it into layers and spread it with whipped cream and berries. There's all kinds of shortcuts you can take, and then you can focus on the



MELISSA ROM

main course. And I try to [cook] foods as far in advance as possible and put the finishing touches on right before the merriment.

On desserts: I love cookies because they're easy for people to grab. You don't need a plate and a fork so it's one less thing to wash. I also will fill bowls with candy and let people dig in — it feels a little bit like being a kid.

Read more on page 30



Everyone loves cookies.

► Katie Lee

**Deborah
Needleman**

Founding editor of *Domino* magazine, editor-in-chief of *WSJ. Magazine* and author of *"The Perfectly Imperfect Home"*

I always feel that if someone comes over to my house and immediately takes a nap, you are a huge success — rather than you're so boring they've fallen asleep. It's the idea that you know that everything is comfortable and the couch is cozy and the pillows are soft and the food is so good. And they're so drunk that they just passed out.

I'm also a big fan of the drinks tray, which looks gracious and grown up. Lined up bottles and glasses just look really pretty set on a tray.



▶ Needleman

When people don't have much room, I've seen them put bottles into the shelf of a bookshelf. It looks very inviting. When people come over, there's not that awkward moment at the beginning — it's like: "There's the bar." They can make themselves a drink. Hey, they can make other people a drink!

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Q&A

**Martha
Stewart**

What's your best piece of entertaining advice for the holidays?

Organization is it.

What about when dinner is served?

Well, you still have to be organized. And stay calm!

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MORE TIPS FROM
THESE EXPERTS

**Amanda
Hallay**

Author of *"Vintage Cocktails"* and professor at LIM College

Which of your vintage drinks are best for a holiday party?

Without a doubt, The Champagne Cocktail! It's so easy to make, but so pretty and festive, and you can save a lot of bucks by not making it with real champagne; you can make it with prosecco, or any sparkling dry white wine. All you do is throw a sugar cube into the bottom of a champagne flute (although any glass will do; who cares when you're serving Champagne Cocktails?!), add a few drops of Angostura bitters (which you buy from the grocery store) a shot of cognac (optional), top with champagne and garnish with a maraschino cherry and a ribbon of orange rind. It is so spectacular looking, but you can bring it in for a

Vintage Cocktails

Retro Recipes For the Home Mixologist



Amanda Hallay
Illustrations by David Wolfe



dollar a glass, and everyone will swoon when handed such a beautiful cocktail. (And if you're using cheap prosecco, make sure you still announce it as a Champagne Cocktail; nobody will know the difference.)

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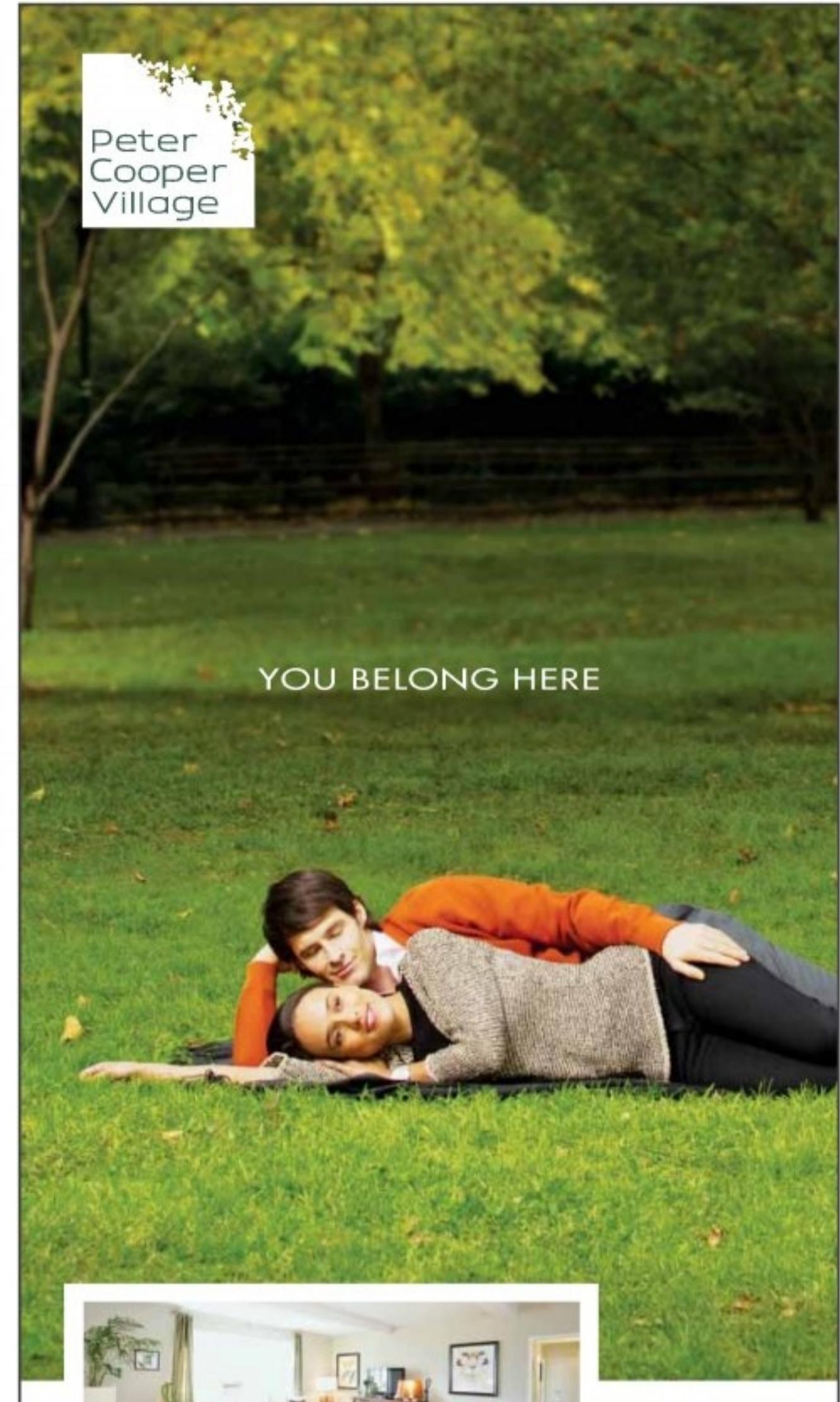
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